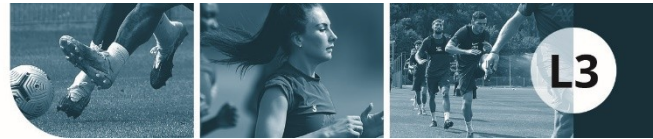


BTEC Assignment Brief

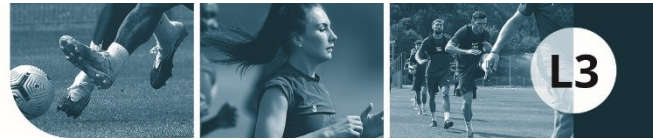
Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	Unit 36: Functional Sports Massage
Learning aims	Learning Aim B: Undertake client consultation and assessment for a sports performer Learning Aim C: Carry out sports massage on a sports performer
Assignment title	Practical Sports Massage
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	The Manager of the fitness centre was impressed with the feedback you received when you shadowed the massage professionals. They ask you to spend some additional time with them to observe and practice massage techniques. You are still interested in pursuing Sports Massage as a career option. The massage therapists have now given you some training and would like you to treat two clients under their supervision. To ensure you are treating the clients effectively you will need to undertake a client consultation and devise treatment plans before conducting the treatments.
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Task 1	Client Consultation To demonstrate to the massage therapists that you can fulfil the role effectively, you are going to consult with both of your chosen clients. This should be done in a confident and effective manner. They should have contrasting requirements which could include; pre-event or post-event massage, injury prevention or the application of techniques to the lower limbs in contrast to upper limbs. Once you have chosen suitable clients; • Conduct a client consultation for two contrasting clients that involve subjective assessment and objective assessment. You must demonstrate appropriate professional conduct throughout the consultation. • Justify the consultation and assessment procedure administered to the performers. • Use the information you have collected to devise a safe and effective treatment plan for each client. These should include;
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		- o Clinical reasoning and planning - o Criteria for proceeding with treatment - o Any need for referral • Ensure that your treatment plans include written justification that addresses the treatments to be administered and discusses the physiological, mechanical and psychological responses to sports massage. • Justify the effectiveness of the intended treatment to be performed in relation to the treatment plan and each sports performer's requirements, using appropriate evidence to support your opinions, making recommendations and suggesting considerations for future practice
Criteria covered by this task:		
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:	
B.P4	Conduct client consultations and assessments on two contrasting sports performers and formulate safe treatment plans for each performer.	
B.M3	Conduct client consultations and assessments on two contrasting sports performers in a confident and effective manner and produce a safe and effective treatment plan for each.	
B.D2	Justify the consultation and assessment procedure adopted, as well as both treatment plans produced for the two contrasting sports performers.	
Checklist of evidence required	Video recordings of two client consultations and any supporting documentation Two treatment plans for contrasting clients	
Task 2	Client Treatments The Lead Sports Massage Practitioner would like to observe you conducting your intended treatment plans on your two chosen clients. They will expect you to be professional at all times and ensure that you; • Conduct a safe and effective massage treatment on both of your clients, with confidence. This should be done on separate occasions. • Uphold industry standards at all times, with particular regard to health and safety and therapist conduct, including appropriate dress, environment and equipment preparation • Check for contraindications, ensure adverse reactions have been discussed with your clients and review the intended treatment plan with the client before the treatment begins. • Use an appropriate selection of techniques at the correct time, considering the clients position and your body position. • Give your client aftercare advice Following the practical massage, you will have a de-brief with the Lead Sports Massage Practitioner to	



		evaluate; - The effectiveness of the treatment performed in relation to the treatment plan and the sports performers needs. - Recommendations and considerations for future treatments. You will need to justify their relevance to your performers.
Criteria covered by this task:		
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:	
C.P5	Conduct sports massage treatments appropriately for two contrasting sports performers, ensuring sports massage standards	
C.M4	Conduct sports massage treatments in a confident and effective manner for two contrasting sports performers, providing justification for treatments administered.	
C.D3	Evaluate two sports massages performed, justifying the effectiveness, future recommendations and considerations.	
Checklist of evidence required	Video evidence or annotated photographs with a staff record of physical activity	
Other assessment materials attached to this brief		